



2011 Youth Swim Lessons at Ortega Park & Los Baños Pools

Level 1: Introduction to Water Skills Ages 4-7

Helps students to feel comfortable in the water and enjoy water safety.

ORTEGA PARK POOL Level 1 Pre-Season

Code	Dates	Hours
14625	5/31-6/10	4:00-4:30pm
14626	5/31-6/10	4:40-5:10pm
14627	5/31-6/10	5:20-5:50pm

Level 1 Summer

14911	6/13-6/24	10:00-10:30am
14914	6/13-6/24	3:25-3:55pm
14915	6/13-6/24	4:05-4:35pm
14916	6/13-6/24	4:45-5:15pm
14917	6/27-7/8	10:00-10:30am
14920	6/27-7/8	3:25-3:55pm
14921	6/27-7/8	4:05-4:35pm
14922	6/27-7/8	4:45-5:15pm
14923	7/11-7/22	10:00-10:30am
14926	7/11-7/22	3:25-3:55pm
14927	7/11-7/22	4:05-4:35pm
14928	7/11-7/22	4:45-5:15pm
14929	7/25-8/5	10:00-10:30am
14932	7/25-8/5	3:25-3:55pm
14933	7/25-8/5	4:05-4:35pm
14934	7/25-8/5	4:45-5:15pm
14935	8/8-8/19	10:00-10:30am
14938	8/8-8/19	3:25-3:55pm
14939	8/8-8/19	4:05-4:35pm
14940	8/8-8/19	4:45-5:15pm

Level 1 After School

15094	9/6-9/16	4:00-4:30pm
15095	9/6-9/16	4:40-5:10pm
15096	9/6-9/16	5:20-5:50pm

Level 2: Fundamental Aquatic Skills Ages 4-7

Prerequisites: 1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")

2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

ORTEGA PARK POOL Level 2 Pre-Season

Code	Dates	Hours
14628	5/31-6/10	4:00-4:30pm
14629	5/31-6/10	4:40-5:10pm
14630	5/31-6/10	5:20-5:50pm

Level 2 Summer

14941	6/13-6/24	10:00-10:30am
14944	6/13-6/24	3:25-3:55pm
14945	6/13-6/24	4:05-4:35pm
14946	6/13-6/24	4:45-5:15pm
14947	6/27-7/8	10:00-10:30am
14950	6/27-7/8	3:25-3:55pm
14951	6/27-7/8	4:05-4:35pm
14952	6/27-7/8	4:45-5:15pm
14953	7/11-7/22	10:00-10:30am
14956	7/11-7/22	3:25-3:55pm
14957	7/11-7/22	4:05-4:35pm
14958	7/11-7/22	4:45-5:15pm
14959	7/25-8/5	10:00-10:30am
14962	7/25-8/5	3:25-3:55pm
14963	7/25-8/5	4:05-4:35pm
14964	7/25-8/5	4:45-5:15pm
14965	8/8-8/19	10:00-10:30am
14968	8/8-8/19	3:25-3:55pm
14969	8/8-8/19	4:05-4:35pm
14970	8/8-8/19	4:45-5:15pm

Level 2 After School

15097	9/6-9/16	4:00-4:30pm
15098	9/6-9/16	4:40-5:10pm
15099	9/6-9/16	5:20-5:50pm

Our American Red Cross-based swim programs for children 6 months to 12 years incorporate the development of basic swim techniques, vital water safety skills and, most importantly, how to have fun in an aquatic environment.

Pool locations: Ortega Park Pool, 600 N. Salsipuedes Street. Los Baños Pool 401 Shoreline Drive.

Fees: \$59/\$54 with Resident Discount. \$58/\$53 for 6/27-7/8 session (no class 7/4 session)

To register: Online at www.sbparksandrecreation.com or call 966-6110.

Information: 966-6110

Tiny Tots: 6 mos-3 years

Parent and child aquatics build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

ORTEGA PARK POOL

Code	Dates	Hours
15048	6/13-6/24	5:25-5:55pm
15049	6/27-7/8	5:25-5:55pm
15050	7/11-7/22	5:25-5:55pm
15051	7/25-8/5	5:25-5:55pm
15052	8/8-8/19	5:25-5:55pm

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Please see other side for more lessons.



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Level 3:Stroke Development Ages 4-7

Prerequisites: 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position. 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

ORTEGA PARK POOL: Level 3 Pre-Season ORTEGA PARK POOL Level 3 Pre-Season

Code	Dates	Hours
14631	5/31-6/10	4:00-4:30pm
14632	5/31-6/10	4:40-5:10pm
14633	5/31-6/10	5:20-5:50pm

Level 3 Summer

14971	6/13-6/24	10:00-10:30am
14974	6/13-6/24	3:25-3:55pm
14975	6/13-6/24	4:05-4:35pm
14976	6/13-6/24	4:45-5:15pm
14977	6/27-7/8	10:00-10:30am
14980	6/27-7/8	3:25-3:55pm
14981	6/27-7/8	4:05-4:35pm
14982	6/27-7/8	4:45-5:15pm
14983	7/11-7/22	10:00-10:30am
14986	7/11-7/22	3:25-3:55pm
14987	7/11-7/22	4:05-4:35pm
14988	7/11-7/22	4:45-5:15pm
14989	7/25-8/5	10:00-10:30am
14992	7/25-8/5	3:25-3:55pm
14993	7/25-8/5	4:05-4:35pm
14994	7/25-8/5	4:45-5:15pm
14995	8/8-8/19	10:00-10:30am
14998	8/8-8/19	3:25-3:55pm
14999	8/8-8/19	4:05-4:35pm
15000	8/8-8/19	4:45-5:15pm

Level 3 After School

15100	9/6-9/16	4:00-4:30pm
15101	9/6-9/16	4:40-5:10pm
15102	9/6-9/16	5:20-5:50pm

Level 4 Stroke Development Ages 6-12

Prerequisites:

1. Perform a feet-first surface entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

LOS BAÑOS POOL Level 5 Pre-Season

Code	Dates	Hours
15087	6/13-6/24	11:10-11:40am
15088	6/27-7/8	11:10-11:40am
15089	7/11-7/22	11:10-11:40am
15090	7/25-8/5	11:10-11:40am
15091	8/8-8/19	11:10-11:40am

Santa Barbara Swim Club Ages 5-18

Improve technique and develop new friendships and team camaraderie with the opportunity to compete. Call 966-9757 to schedule with coaches or www.sbswim.org



For all swim program
information,
call 966-6110

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Private Swim Lessons 3 years to adult

One-on-one instruction specifically geared to your particular needs.

Fee: \$110/\$100 for four 30 minute lessons

ORTEGA PARK POOL Mondays & Wednesdays Two week sessions

Code	Dates	Hours
15055	6/13-6/22	10:40-11:10am
15065	6/13-6/22	11:20-11:50am
15056	6/29-7/8	10:40-11:10am
15066	6/29-7/8	11:20-11:50am
15057	7/11-7/20	10:40-11:10am
15067	7/11-7/20	11:20-11:50am
15058	7/25-8/3	10:40-11:10am
15080	7/25-8/3	11:20-11:50am
15059	8/8-8/17	10:40-11:10am
15081	8/8-8/17	11:20-11:50am

Tuesdays & Thursdays Two week sessions

Code	Dates	Hours
15060	6/14-6/23	10:40-11:10am
15082	6/14-6/23	11:20-11:50am
15061	6/28-7/7	10:40-11:10am
15083	6/28-7/7	11:20-11:50am
15062	7/12-7/21	10:40-11:10am
15084	7/12-7/21	11:20-11:50am
15063	7/26-8/4	10:40-11:10am
15085	7/26-8/4	11:20-11:50am
15064	8/9-8/18	10:40-11:10am
15086	8/9-8/18	11:20-11:50am

